

## Nutrition Website Resource List for WIC Participants

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### *Nutrition for Everyone*

#### **Nutrition.gov**

[www.nutrition.gov](http://www.nutrition.gov)

Information about all aspects of nutrition and links to other government nutrition sites

#### **MyPyramid**

[www.mypyramid.gov](http://www.mypyramid.gov)

Guidelines for eating a balanced diet. Create a personalized eating plan or track food intake and physical activity.

#### **Nutrition & Fitness**

[www.kidshealth.org/parent/nutrition\\_fit](http://www.kidshealth.org/parent/nutrition_fit)

Articles for parents (in English & Spanish) on a variety of nutrition and fitness topics

#### **Mayo Clinic – Food & Nutrition**

[www.mayoclinic.com/health/food-and-nutrition/NU99999](http://www.mayoclinic.com/health/food-and-nutrition/NU99999)

Advice and tips on healthy cooking, diet basics, reading food labels and shopping

#### **A Healthier You**

[www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html](http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html)

Healthy recipes, organized by time needed to prepare. Some marked as kid friendly.

#### **Fruits and Veggies More Matters**

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Tips on how to eat more fruits and vegetables, planning meals and an “ask the expert” section

#### **3-A-Day**

[www.3aday.org](http://www.3aday.org)

Information about the benefits of dairy

#### **Just Enough for You**

[http://win.niddk.nih.gov/publications/just\\_enough.htm](http://win.niddk.nih.gov/publications/just_enough.htm)

Information on controlling portion sizes at home and while eating out

#### **Helping Your Overweight Child**

[http://win.niddk.nih.gov/publications/over\\_child.htm](http://win.niddk.nih.gov/publications/over_child.htm)

Ideas for helping your child to have a healthy weight

#### **Food Safety**

[www.fightbac.org](http://www.fightbac.org)

Tips on safe food handling practices and how to avoid food borne illness

#### **Utah WIC Program**

[www.health.utah.gov/wic](http://www.health.utah.gov/wic)

All about WIC: eligibility, clinic locations, nutrition information, section for dads...

### *Nutrition for Women*

#### **What to Eat While Pregnant**

[www.womenshealth.gov/pregnancy/pregnancy/eatandexercise.cfm](http://www.womenshealth.gov/pregnancy/pregnancy/eatandexercise.cfm)

Tips for dealing with nutrition-related pregnancy problems and concerns

#### **Utah Breastfeeding Coalition**

[www.utahbreastfeeding.org](http://www.utahbreastfeeding.org)

Information about the importance of breastfeeding, local breastfeeding news and support groups

#### **La Leche League International**

[www.lalecheleague.org](http://www.lalecheleague.org)

Answers to breastfeeding questions, breastfeeding forums and online chats

## *Nutrition for Kids*

### **MyPyramid for Kids**

[www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

Games and coloring pages to help kids learn more about eating healthy

### **Eat Smart. Play Hard.**

[www.fns.usda.gov/eatsmartplayhardkids](http://www.fns.usda.gov/eatsmartplayhardkids)

Graphic exploration of town teaches kids about nutrition topics

### **Nutrition Explorations for Kids**

[www.nutritionexplorations.org/kids](http://www.nutritionexplorations.org/kids)

Games, activities and recipes to teach kids about nutrition

### **Kids Health**

[www.kidshealth.org/kid](http://www.kidshealth.org/kid)

Articles, games, interactive videos and a kid's glossary on a variety of health topics (in English & Spanish)

### **Dole – 5 a Day**

[www.dole5aday.com/Kids](http://www.dole5aday.com/Kids)

Facts, games and activities, recipes and a goal setting section to help kids eat more fruits and vegetables

